

Wakefield Senior Center

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www.fairfaxcounty.gov/ncs

AGNES TARBETT—Director
REBECCA BOONE—Program Coordinator

Operating Hours
Monday - Friday 9 a.m. - 4 p.m.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

August 2016

Programs

Program	When	Time	Description
Coffee Social	Monday - Friday	9 - 10 a.m.	A daily chance to catch up with old and new friends.
Open Computer Lab	Monday - Friday	9 a.m. - 3 p.m.	Computers available for anyone who needs access. Free Wi-Fi available.
Art Lab	Mondays	10 a.m. - 1 p.m.	Bring your own art project and enjoy working on it in the company of your peers!
Open Bridge	Tuesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Open Bridge	Wednesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Bingo	Fridays	12:30 - 1:30 p.m.	Everyone wins. Stop by for the fun!
Craft Work Project	Fridays	1 - 3:30 p.m.	Create Teddy Bears for children at INOVA Fair Oaks Hospital.

Classes

Class	When	Time	Description
Inner Joy with Joan (Meditation)	Mondays	1 - 2 p.m.	Find Inner Peace in this free meditation class. Join anytime. Ongoing.
English as a Second Language (ESL)	Mondays	2 - 3:30 p.m.	Improve your English in this small class setting. Join anytime.
Line Dancing	Tuesdays	10 a.m. - noon	Intermediate class for fun and relaxation. First class 8/16. \$10 for all 8 classes.
Pickleball	Wednesdays	8 - 10 a.m.	A combination of tennis, badminton, and ping pong. Loads of fun! All equipment provided! Free
Exercise ABC's	Wednesdays	10:30 - 11:30 a.m.	This enjoyable exercise class gets you moving! First class 8/24. \$5 for all 8 classes.
Chair Exercise	Thursdays	10 - 10:30 a.m.	A great class for those with mobility issues or just getting back into exercise. Free class. Come anytime. Ongoing. First class on 9/5 not 9/4.
Zumba Gold with Toning with Millette	Thursdays	10:30 - 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 8/18. \$5 for all 8 classes.
Yoga	Thursdays	Noon - 12:50 p.m.	This class is modified to meet your needs. Increase your flexibility and calm your mind. First class 8/18. \$5 for all 8 classes.
Zumba Gold with Millette	Fridays	10:30 - 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 8/19. \$5 for all 8 classes.

Event/Trips

Event/Trip	When	Time	Description
H Mart	Monday, August 1	10:15 a.m.	Trip of necessity to H Mart. \$1 bus fee.
National Watermelon Day	Wednesday, August 3	12:30 p.m.	Indulge in this summer favorite.
CLASS REGISTRATION	Monday, August 8	10 a.m. - noon	Get there early if you want to get in your class!
National Archive Museum	Tuesday, August 9	10:15 a.m.	See the original Declaration of Independence. \$2 trip fee + \$1 bus fee. Includes priority (ticketed) entry.
National S'more Day	Wednesday, August 10	12:30 p.m.	Come and have some more s'mores!
Unique Thrift Store	Thursday, August 11	10:15 a.m.	Trip of necessity to Unique Thrift Store. \$ 1 bus fee.
Walmart (Burke)	Thursday, August 18	10:15 a.m.	Trip of necessity to the Walmart in Burke. \$1 bus fee.
Udvar Hazy	Tuesday, August 23	10:15 a.m.	See the planes, space shuttle, control tower and more!
Wegmans	Thursday, August 25	10:15 a.m.	Trip of necessity to Wegmans. \$1 bus fee.
Birthday Celebration	Friday, August 26	12:30 p.m.	Celebrate everyone with an August birthday by eating cake!
National Trail Mix Day	Wenesday, August 31	10:30 a.m.	Take a hike and have some trail mix!

Guest Speakers

Fire Department	Thursday, August 4	Noon - 12:50 p.m.	A variety of safety topics.
Numistatist (coins)	Tuesday, August 9	10 a.m.	Learn the history behind coins.

Community Meetings

Meeting	When	Time	Description
WSC Advisory Council	Wednesday, August 3	11:30 a.m.	Monthly meeting of the Wakefield Senior Center Advisory Council. Come and give input for your senior center! Everyone is welcome!
NVSO	Tuesday, August 9	1 - 3 p.m.	Monthly meeting of Northern Virginia Senior Olympics.
NVSS	Wednesday, August 10	12:45 p.m.	Monthly meeting of Northern Virginia Senior Softball.